

DATE	MESSAGE TO SUBSCRIBERS	LEVEL
1/31/2011	The NEW 2nd edition of High School FLASH (replacing 9/10 FLASH and 11/12 FLASH was released today.	grades 9-12
4/21/2010	Please replace 9/10 FLASH, lesson 13 . We corrected typos and formatting and we added reference endnotes.	9/10 FLASH
4/21/2010	Please replace 9/10 FLASH, lesson 19 , pages 11-12. We corrected a typo and replaced a URL.	9/10 FLASH
4/21/2010	Please replace 9/10 FLASH, lesson 10 , pages 8-10. We corrected significant typos.	9/10 FLASH
4/21/2010	Please replace 9/10 FLASH, lesson 4 , pages 7, 25 and 26. It is more medically accurate with respect to ages of puberty in 2010.	9/10 FLASH
4/21/2010	Please replace 9/10 FLASH, lesson 21 . It still covers contraceptive costs, access, side effects, safety and health benefits. It utilizes free downloadable contraceptive brochures and handouts in lieu of the old Contraceptive Reference Sheet 3. It is simpler, more straightforward and much more scientifically up-to-date.	9/10 FLASH
4/17/2010	Please replace 9/10 FLASH, lesson 1 , page 8, lesson 30 , page 5 and lesson 24 , pages 5 and 6. We removed the advice to wash and urinate before and after sex as a way to reduce STD transmission. The evidence doesn't support the recommendation.	9/10 FLASH
4/17/2010	Please replace 9/10 FLASH, lesson 29 . We removed breast self-exam; the evidence doesn't support our recommending it. We changed the advice about when Pap testing should begin; age 21 is the recommendation. But we clarified that there are sometimes reasons to have a pelvic exam even if a young woman doesn't need a Pap test. We listed them and also the health care visits when she may NOT need a pelvic exam. We suggested a number of new visual aids, including some great, short, free online videos to support teaching about pelvic exams and testicular self-exams. And we simplified the Transparencies.	9/10 FLASH
3/26/2010	Please replace 9/10 FLASH, lesson 27 , pages 4, 17 and 18. We updated HPV vaccine information and community resources.	9/10 FLASH
3/26/2010	Please replace 9/10 FLASH, lesson 24 . We added information about who should have Hepatitis B and Human Papillomavirus (HPV) vaccines and added citations regarding Nonoxynol-9.	9/10 FLASH
3/22/2010	Please replace 9/10 FLASH, lesson 12 , pages 10-11, if you teach in King County, WA. We replaced or deleted closed resources and dead internet links (URLs).	9/10 FLASH
3/22/2010	Please replace 9/10 FLASH, lesson 11 , pages 15-16. We replaced dead internet links (URLs).	9/10 FLASH
3/19/2010	Please replace 9/10 FLASH, lesson 20 . We strengthened the wording of the learning objectives and updated the whole lesson in many respects: 1. It has a new URL for obtaining a birth control kit. 2. We distinguished between the 9 most effective methods and the other 8. 3. We added brand names of contraceptive methods and updated information about how many of them work. 4. We made Contraceptive Reference Sheet 3 easier to understand. 5. We added an Answer Key for Worksheet 2 and updated all the lesson's citations.	9/10 FLASH

3/19/2010	<p>Please replace 9/10 FLASH, lesson 23a. We replaced one learning objective and we updated the whole lesson for medical accuracy in many respects:</p> <ol style="list-style-type: none"> 1. Deleted objective: explain EC's side effects [which are few with the newest medications] and medical risks [serious medical risks have not been reported at all] 2. Replacement objective: Explain that it is more effective the sooner it is used, but of some value up to 5 days after intercourse, and that it is NOT as effective as many other before-sex forms of birth control. 3. Added a couple of sentences with current data about the use of the copper IUD as EC. 4. Added new brands of EC that require just 1 pill, versus the 2 pills of Plan B. 5. Clarified the effectiveness of EC and the relative effectiveness compared to other contraceptives. 6. Clarified what is now known about EC's mechanisms of action (stopping ovulation and making the uterus more alkaline & less hospitable to sperm). 7. Explained that people, male & female, over 17 can get EC over-the-counter and that women under 17 can still get it from a doctor or clinic, and in some states, from some pharmacists. 8. Clarified that there are no states in the U.S. where teens need parental consent for EC. 9. Dropped the recommendation that people use a toll-free number to find a source for EC; we still recommend the web site www.not-2-late-org 10. Cited more thoroughly and using more current citations for medical information. 	9/10 FLASH
2/11/2010	Please replace 4/5/6 FLASH, lesson 16 , page 2. We have repaired defunct URLs.	4/5/6 FLASH
2/11/2010	Please replace 11/12 FLASH, lesson 17 , pages 19-20. We have removed a defunct hot line.	11/12 FLASH
12/29/2009	Please replace 4/5/6 FLASH, lesson 16 , page 4 and lesson 17 pages 6-7. We have updated some of the web addresses and phone numbers on those pages.	4/5/6 FLASH
12/29/2009	Please replace 9/10 FLASH, lesson 19 , pages 19-13 and 19-14 (pages 13 and 14 of lesson 19) and in lesson 27 , pages 27-2, 27-17 and 27-18 (pages 2, 17 and 18 of lesson 27). We have updated some of the web addresses and phone numbers on those pages.	9/10 FLASH
12/29/2009	Please replace 7/8 FLASH, lesson 4 , page 4-10 (page 10 of lesson 4). We have updated some of the web addresses and phone numbers on that page. Our Kent Teen Clinic and our Northshore Clinic have closed and ONE HOTLINE NUMBER WE REMOVED HAD BECOME A PORN LINE!	7/8 FLASH
11/10/09	Please replace Special Education FLASH Appendix 1 . We have added several new resources and updated the costs and contact information for obtaining others.	Special Ed FLASH
Sep-09	Users of 9/10 FLASH who teach in King County, WA, please replace pages 19-12 through 19-14 (pages 12-14 of Lesson 19). We updated the local resources on those pages.	9/10 FLASH

8/24/2009	<p>Please replace Lesson 2 in 7/8 FLASH:</p> <ol style="list-style-type: none">1. On page 2-5, we updated the age range of the onset of puberty (just under 8 to 13 for girls and 9-14 for boys), with citations.2. On page 2-8, we updated Puberty Transparency 3 to reflect the new age ranges.3. On page 2-11, in the Puberty Reference Sheet, we replicated the graph from the Transparency. <p>Please replace Lesson 14 in 7/8 FLASH:</p> <ol style="list-style-type: none">1. We changed the title from “Birth Control: Deciding” to “Birth Control Basics” and, accordingly, we simplified the lesson to introduce just 7 of the 17 methods of birth control (for age appropriateness and reading level).2. We dropped content unrelated to the lesson’s learning objectives (health benefits and risks of methods) to strengthen the focus on the enduring understandings (that any method is more effective than not using a method and is safer than pregnancy and childbirth and that there are good reasons to communicate with parents and loved ones about birth control).3. We suggested more interactive activities.4. We updated all citations. <p>Please replace Lessons 21-24 in 7/8 FLASH. Main changes:</p> <ol style="list-style-type: none">1. HIV is now considered a chronic illness; treatment is simpler and extends lives to near normal. We kept the sobering messages about what it is like to live with HIV b2. Most references to "blood test" and "antibody test" were changed to "test" and we mentioned that, in some places, oral swab tests and RNA tests are available.3. We highlighted the suggestion that, depending upon one's district and one's particular students, it is appropriate to introduce what "correct condom use" means.4. We updated all citations.5. We dropped the very dated story of a woman living with HIV in the Family Homework and replaced it with youths' stories that are more current and age appropriate. <p>REMINDER: Throughout the curriculum, we replaced the footers with ones showing the current URL for FLASH: www.kingcounty.gov/health/flash ... We sug</p>	7/8 FLASH
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8/14/2009	<p>Please replace page 4 of 4/5/6 FLASH lesson 17:</p> <p>1. On page 17-4, we clarified that, for a diagnosis of "AIDS" a person must have HIV and may also have either an opportunistic infection or a T-cell count that's dropped below 200 cells per cubic milliliter of blood ... though it isn't necessary that your 4th-6th grade students know that much detail.</p> <p>Please replace pages 3-7 in 4/5/6 FLASH lesson 9:</p> <p>2. On page 9-3 we have updated the age range for the onset of puberty (now 8 to13 for girls, 9 to14 for boys) and cited sources.</p> <p>3. On page 9-6 we updated depression symptoms and cited the source.</p> <p>Please replace pages 2 and 4-7 in 4/5/6 FLASH lesson 10:</p> <p>4. On page 10-2 we updated the name and email address for obtaining Talk-To-Me books (which are optional).</p> <p>5. On page 10-4 we updated the range and mean for the onset of puberty (now girls' range 8.9-12.9; mean = 10.9 for girls; range 9.9-14.0; mean= 12.0 for boys)</p> <p>6. On pages 10-6 and 7, we also updated the age range for the onset of puberty.</p> <p>Please replace all of 4/5/6 FLASH lesson 19:</p> <p>7. In Lesson 19, we changed an activity from searching in phone books for local resource phone numbers (family doctor, child protective services, etc.) to using the Internet to find those same trusted resources.</p> <p>If your version of 4/5/6 FLASH doesn't have an Appendix G, download it now:</p> <p>8. Appendix G is needed for teachers doing the vocabulary review activity in Lesson 19.</p> <p>REMINDER: Throughout the curriculum, we replaced the footers with ones showing the current URL for FLASH: www.kingcounty.gov/health/flash ... We suggest you note the new URL on page one of your binder.</p>	4/5/6 FLASH
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8/11/2009	<p>Please replace your 9/10 FLASH lesson 25. Changes include:</p> <ol style="list-style-type: none"> 1. A change in the name from HIV/AIDS to HIV & AIDS in recognition that they are two separate things (a disease and its end stage) 2. Updated phone numbers and web sites for current statistics and updated statistics. 3. Updated information about the life expectancy of a person with HIV: "One 2008 study [found that a 20 year old who is HIV positive and on ART can expect another 43 years of life, or about 2/3 the lifespan of an HIV negative person." 4. An updated explanation of at least part of the reason the global HIV epidemic has hit Africa as hard as it has: "Scientists have found a gene that evolved to protect Africans from malaria, but actually makes them more susceptible to HIV." 5. Replacing the word "needle" with the word "syringe" to more accurately reflect the true reason that sharing injection drug supplies is risky. 6. No longer implying that all HIV tests are blood tests. 7. Inserting the recent finding that half of teens who have the HIV virus do not know they have it. 8. Updating the citations and citing new statistics. <p>Replace one page of 9/10 FLASH lesson 26; just page 26-3. Changes in 9/10 FLASH lesson 26 include:</p> <ol style="list-style-type: none"> 1. A change in the name from HIV/AIDS to HIV & AIDS in recognition that they are two separate things (a disease and its end stage) 2. Changed one answer to the previous night's homework. 3. Other changes are minor, so you really don't need to replace your whole lesson 26, just page 26-3. 	9/10 FLASH
4/7/2009	Add the new appendix to 4/5/6 FLASH "Appendix G: Teachers' Glossary".	4/5/6 FLASH
3/23/2009	Washington State residents only: Replace your Appendix C. This new version includes the critical update for Washington Schools of the Healthy Youth Act of 2007, which, among other things, requires schools to use only medically accurate materials if they opt to provide sexual health education and prohibits them from teaching about abstinence without also teaching about other forms of contraception and disease protection.	all
10/10/2008	We changed the FLASH URL in the footer of every page to www.kingcounty.gov/health/FLASH . We suggest that you just make note of the new URL on page one of each binder.	all

7/11/2008	<p>Replace 7/8 FLASH lesson 6, pages 7 and 15. We removed the word "extra" from the definition of the foreskin. Rationale: It is not an "extra" sleeve of skin, which seems a bit disparaging and implies that the foreskin is useless. There's actually debate about it's function but not a lot of scientific evidence. Current best practice, according to the American Academy of Pediatrics is to inform the parents of a newborn regarding the procedure's risks and benefits and leave the decision to them (see http://www.aap.org/publiced/BR_Circumcision.htm). The APA also specifically advises doctors that, because the evidence of its potential medical benefits doesn't outweigh its potential medical risks, and</p> <p>because the surgery is not essential to the child's current well-being, "it is legitimate for parents to take into account cultural, religious, and ethnic traditions, in addition to the medical factors, when making this decision." Most Jewish and Muslim families do still have their sons circumcised. There are, however, many people today who consider the foreskin a protective organ. The middle school teacher's role is to convey respect for the anatomy of all the boys in the class, regardless of whether they've been circumcised.</p>	7/8 FLASH
7/31/2007	Add the new appendix to 9/10 and 11/12 FLASH "Appendix I: Unplanned Pregnancy: Why People Choose Each of the Options". Its purpose is to provide teachers with background.	9/10 and 11/12/college FLASH
7/31/2007	Replace 9/10 lesson 27 and 7/8 lesson 4. We've included information about the new Human Papillomavirus (HPV) vaccine and stronger explanations of the fact that routine exams don't usually test for every possible STD. And in 9/10 FLASH, we encouraged communication with the doctor or other health care provider and clarified that using drugs not only weakens the immune system but also clouds your judgment ... and that both can lead to increased risk from HIV.	7/8 and 9/10 FLASH
2/13/2007	King County, WA residents only: Instructions for reporting suspected sexual abuse of a child or vulnerable adult have changed slightly. In all grades, replace Appendix D. Footnote 1 should say "In King County, WA, report concerns to Child Protective Services (1-800-609-8764 during business hours). Report abuse of adults 18+ (who are developmentally disabled) to Aging and Adult Intake Services (1-866-221-4909) and to Law Enforcement (9-1-1). Evenings, weekends & holidays, call 1-866-221-4909 to report abuse of a child or a vulnerable adult."	all
2/13/2007	King County, WA residents only: The Harborview Center for Sexual Assault and Traumatic Stress has changed to new phone numbers. Main phone number: 206/744-1600. Fax number: 206/744-1614. TDD number: 206/744-1616. Replace 7/8 FLASH lesson 20, page 20-6; 9/10 FLASH lesson 12, page 12-11; and, at all grades, Appendix D, page D-1.	all

2/7/2007	Spelling repair. Replace page 10 of lesson 11 in 4/5/6 FLASH. "Epididymis" was misspelled (with a "u") in the original.	4/5/6 FLASH
1/31/2006	Typo repair. Replace the Table of Contents to your 4/5/6 FLASH. Appendices G & H were missing from the original. (Note: Appendix G is still under consturction as of April 2009, but the placeholder should be in your table of contents.)	4/5/6 FLASH
1/18/2006	Typo repair. Replace your 9/10 FLASH Lesson 20 page 15. There was a typo on the chart.	9/10 FLASH

